Tofu Spinach Lasagna for 6

Makes: 6 servings

Prep Time: 3 hours

Cook Time: 1 hour or more

Equipment:

- **4 L** saucepan
- **4 L** pot
- **1** large skillets
- **1** 12"x18" baking pans

Sauce

- **4 tbsp** olive oil (opt.)
- **1-2 cloves** garlic, diced
- **1 onion** chopped
- **1** 16 oz. cans of tomatoes
  OR
- **3-4** fresh tomatoes
- **1 tbsp** sea salt (opt.)
- **1 tbsp** oregano
- **1 tbsp** basil
- **1 tbsp** thyme
- **2-3** bay leaves
- **1 tbsp** black pepper

Sauté garlic dry or in oil in a four quart saucepan for thirty seconds. Add onions and spices, and sauté until onions are clear. Add tomatoes, bay leaves and pepper. Add salt if you

wish. Cover and simmer on medium-low heat for thirty minutes, stirring occasionally. Add water, if needed.

Filling

- **1 cup** olive oil (opt.)
- **1 head** garlice, diced
- **10 onions** chopped
- **20 lbs.** tofu, drained
- **20 boxes** 10 oz. frozen spinach
  OR
- **6 lbs** fresh spinash
- **3 tbsp** thyme
- **2 tbsp** basil
- **3 tbsp** oregano
- **2 cups** tamari

Sauté the diced garlic for thirty seconds over high heat in a dry skillet or in oil. Add onions and sauté until clear, or about three to five minutes, stirring often. Add enough tofu to fill the skillet and fry until it starts to brown. Keep stirring and scrape the bottom of the skillet occasionally. While stirring, sprinkle in some of the thyme, oregano, basil and tamari; then add thawed, drained spinach. Mix well and cook until the excess water evaporates. Empty skillet into a large metal mixing bowl. Repeat the process until all the tofu is cooked. Mix all the tofu and spinach thoroughly and set aside.

Noodles

- **15 L** water
- **2 tbsp** sea salt (opt.)
- **8** 10-oz boxes lasagna noodles

Bring the water to a boil in a 4 L pot, and cook the noodles about ten minutes, following the directions on the box. If using salt, add it to water. Noodles ought to be al dente

(still firm when bitten); do not over cook. Drain and rinse with cold water and set aside. Optional - toss with olive oil to prevent sticking.

Soy cheese

- **4 lbs** GMO-free soy or nut cheese (mozzarella style), grated (Add more soy/nut cheese if you'd like)

Lasagna

Place a thin layer of tomator sauce in the bottom of each baking pan, and place one layer of noodles over the sauce, completely covering the bottom. Place a layer of tofu-spinach mixture over the noodles and then sprinkle about two cups of soy cheese evenly over it. Cover completely with noodles. Place a generous layer of sauce over these noodles and repeat, starting with the mixture and ending with the sauce. Sprinkle remaining soy cheese over top and bake at 350 degrees for one hour or until soy cheese starts to brown. Remove from overn and let stand for about fifteen minutes before serving. The cheeseless sauce from the macaroni and cheeseless recipe can be used as a substitute for the soy cheese. Many soy cheeses contain casein or sodium caseinate, milk proteins which are animal products, so look for GMO free soy cheese if you want to skip the cheeseless step. You can also find nut based vegan cheeses.

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